

# DINNERLY



## Sweet Chilli Chicken Stir-Fry with Steamed Rice



25 minutes



2 Servings

Sticky and sweet with a little bit of heat, this speedy chicken stir-fry will get your lips smacking. Simply toss through carrot and capsicum and serve with steamed rice.



### WHAT WE SEND

- 150g jasmine rice
- 1 green capsicum
- 1 carrot
- 1 spring onion
- 1 large free-range chicken breast fillet
- 2 tbs sweet chilli sauce

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs tomato sauce
- 1 tbs soy sauce <sup>6</sup>
- 1 tsp white vinegar

### TOOLS

- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Soy (6). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 545kcal, Fat 11.8g, Carbs 87.5g, Proteins 41.0g



#### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



#### 2. Prep ingredients

Meanwhile, thinly slice the **capsicum**. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Cut the **white part of the spring onion** into 3cm lengths, then thinly slice the **green part**. Crush or finely chop **2 garlic cloves**. Slice the **chicken** on an angle into 2cm-thick strips, then season with **salt and pepper**.



#### 3. Stir-fry chicken

Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Stir-fry the **chicken** for 4 mins or until browned and cooked through. Add the **garlic** and stir-fry for a further 30 secs or until fragrant. Remove from the pan, reserving the pan.



#### 4. Stir-fry veggies

Combine the **sweet chilli sauce** (see Make it yours), **1 tbs tomato sauce**, **1 tbs soy sauce** and **1 tsp white vinegar** in a bowl. Heat **2 tsp vegetable oil** in the reserved pan over high heat. Stir-fry the **capsicum**, **carrot**, **white part of the spring onion** and **1 tbs water** for 3-4 mins until the veggies are tender but still with crunch.



#### 5. Serve up

Add the **chicken** and **sauce mixture** to the veggies, then stir-fry for 30 secs or until warmed through. Taste, then season with **salt and pepper**. Divide the **rice** and **stir-fry** among bowls, scatter with the **remaining spring onion** and enjoy!



#### 6. Make it yours

The sweet chilli sauce has a mild kick. If you want to reduce the heat, substitute with a little more tomato sauce.